

Starter 5K Plan

Free one-page sample

A calm 8-week 5K build for runners who want their first proper block to feel clear, manageable, and genuinely sustainable. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

Distance: 5K	Level: Starter	Duration: 8 weeks
Weekly load: 90–180 minutes across three to four runs per week		
Longest run: Up to 65 minutes		

Who it is for

- Runners with a stable base who can already manage three to four runs per week.
- Athletes preparing for a first serious 5K block and wanting more structure than vague completion plans provide.
- People who want 5K preparation to fit around real life rather than dominate the whole week.

Typical week rhythm

Monday / Friday	Rest, walking, or short mobility so recovery stays part of the plan.
Tuesday	Primary support session: steady reps, short hills, or simple aerobic work.
Thursday	5K-support or steady running that teaches rhythm without forcing the week upward.
Saturday	Easy support run or optional rest when recovery needs more room.
Sunday	Slightly longer aerobic run that builds durability under the speed work.

Three real sessions from the plan

Week 1 Tue	30 min, RPE 5	5 x 2 min steady with 90 sec easy jog between reps.
Week 5 Thu	35 min, RPE 6	3 x 4 min at 5K effort with 2 min easy between.
Week 7 Tue	35 min, RPE 6–7	5 x 3 min at 5K effort with 90 sec easy jog.

Inside the full PDF

- Full 8-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, longer-run progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and plan-adjustment notes.

What this plan emphasizes: Clarity, repeatability, patient speed support, and enough recovery to arrive at race day trained rather than wrung out.

Full plan: Visit [the Starter 5K Plan page](#)